Wartburg, Alma Organize Exchange

A faculty exchange has been arranged between Wartburg and Alma, MI, Colleges next May.

Made possible through a Spring

Term Consortium, the exchange will bring Dr. Paul Wilson, assistant professor of mathematics, to Wartburg and will send Dr. Robert Dell of the Religion Department to Alma.

Dr. Wilson will teach a course entitled "Mathematics: A Human Endeavor" to students with little or no mathematical background.

The class will deal with the beauty, extent and power of math, its historical development and its impact on other arts and sciences. It will be offered as an interdisciplinary course.

Dr. Dell's course at Alma is "Good Issues to the Poor: Issues of Human Liberation."

Dr. Wilson has B.A. and M.A. degrees from the University of Cincinnati and a Ph.D. from the

University of Illinois. Dr. Dell has his B.A. degree from Thiel College in Pennsylvania, a B.D. from Luther Theological Seminary Philadelphia and his Ph.D. from Boston University School of Theology.

He was on leave-of-absence

during 1974-75 and attended a number of peace conferences in Europe. He has taught here since

Members of the Spring Term Consortium are Wartburg, Alma, Northland, WI, Westminster, MO, William Woods, MO, Hanover, IN, Indiana Central.





This fall's APG initiates are senior Michele Eng, honorary member Dr. Robert Smith, sophomore Martha Mensink, junior Linda Carpenter and sophomore Chris Leytham.

Chrysalis Throws Xmas **Headstart Celebration**

'Well, Santa, this looks like the place," a reindeer with a pulsating red nose remarked to the short, squat man in a red suit.

"Yes, I believe this is the spot," Santa answered. He pulled the sleigh to a halt in front of Wartburg Hall, the runners squealing on the snowless asphalt.

Eager faces peered out of the windows of the first floor lounge as Santa entered the building, slinging his hefty pack over his

According to sophomore Lisa Anderson and freshman Dianna Capps, this was the scene Friday

morning at 10 as the children of the local headstart program attended their annual Christmas party.

Miss Anderson said this was the third consecutive year the party had been organized for the children. Originally a Chrysalis venture, this year the party expanded to include the other residents of Wartburg Hall who are not in Chrysalis.

Dr. K. D. Briner, Chrysalis director, played the role of Santa, with Dr. Herman Diers, Chrysalis program, as his sidekick Rudolph.

The lively assortment of four-year-olds had a jolly time as they ate cookies prepared for them by the hosts and opened gifts from Santa. Only useful presents were given the children. This year the students also made a pinata for the children.

Funds for the party came from the Wartburg Hall pop fund, donations from faculty members and the Chrysalis simulation gaming. Miss Anderson said the Chrysalis group was considering the possibility of having a coffee house to cover costs

Miss Anderson said the party is really an experience, not only for the children but also for those involved in the planning.

"The party is in the true spirit of Christmas," she said. "The kids have so much love to giveit's really a mutual exchange on both parts."

APG Inducts Members

The Beta Delta Chapter of Alpha Phi Gamma welcomed five new members Dec. 5 at a special dinner at the Brown Bottle in

Alpha Phi Gamma is a national coeducational honorary fraternity for students who are interested in journalism. It recently merged with another organization to form the Society for Collegiate Journalists, according to Robert Gremmels, chapter advisor.

Those received into membership were senior Michele Eng.

junior Linda Carpenter and sophomores Chris Leytham, Martha Mensink and Norm Singleton.

Dr. Robert Smith, chairman of the Communication Arts Department, was made an Communication honorary member. New members received certificates and

In addition to recognizing individual ability and achievement journalism, APG helps establish relationships between students and the profession.

Membership in t

organization is restricted to those undergraduates possessing good scholarship and showing promise in the journalistic field. In addition, the Beta Delta chapter at Wartburg requires at least one course in journalism and at least one year on a student publication.

Duties of the organization include publishing the college directory every fall, sponsoring a Homecoming breakfast for APG alumni and sending a Christmas newsletter to APG alumni. It is also responsible for the yearly press banquet.

Epley Replaces Craft as Chairman

Dr. Stephen Epley has been appointed chairman of Wartburg's Psychology Department to complete the three-year term begun by Dr. John Craft last fall.

Dr. Craft was recently named Director of Institutional Research here, effective Jan. 1.

Dr. Epley, who joined the psychology faculty in 1973, is a

1968 Wartburg graduate and has his M.A. and Ph.D. degrees from the University of Iowa.

Dr. Craft's new position is supported by a grant from the Northwest Area Foundation. His primary responsibilities will be to identify, gather and analyze data that will enable Wartburg to advance its programs.

Discloses Helpful Hints

Stress, Tension, Typify Final Week

By COLLEEN RUSCHILL Stress, pressure, tension, FINALS!!!

There are three main kinds of stress; mental, physical, and emotional. All of these produce similar results.

According to Maggie Morrison, staff writer for "Teen" magazine, stress starts in the pituatary, a tiny gland at the base of the brain.

Hormones are sent through the

bloodstream to the adrenal gland, where in turn the hormones are sent out again, putting the body into an emergency state.

Protein cells are converted to sugar, some of which are stored for future energy needs. Blood pressure rises and salt deposits may be retained. The body resists attempts of the cells and glands to repair damage while at the same time attempting to

Nervous habits such as knuckle cracking, finger twiddling, fidgeting, and nail biting appear in full force.

Insomnia can be attributed to stress, as can chronic tiredness that occurs even after a good night's sleep.

Headaches, backaches, nervous indigestion, compulsive eating, chain smoking and excessive coffee drinking are also

often associated with stress.

Stress doesn't have to become

The article in Teen magazine suggests turning the coffeepot off and staying away from the refrigerator. Those alternatives lead only to excess calories and additional nervous tension.

Instead, she suggests good eating habits, exercise to loosen muscles and plenty of rest and relaxation.

So, this year in the midst of the inevitable all-nighter, give yourself a break. Take an exercise break to wake yourself up and burn off a few extra calories. Try a big glass of orange juice and unplug the coffeepot for awhile. Take a study break to talk to a friend. And, if worst comes to worst, try

Finals don't have to push one off the deep end.

Free Fire Zone

By R. P. FLESSNER

Why Require Language?

In order to graduate from Wartburg, students must have competence in a foreign language at the second-year level. This requirement is interchangeable with math and logic. This week I shall discuss how this requirement affects our growing number of foreign

With our current policy, foreign students are not allowed to count their studies in English toward the language requirement. This is unfair, as I hope to demonstrate.

The purpose for requiring a foreign language for graduation is to allow the student to learn how people of another culture think, and to demonstrate how differences in language patterns shape differences in

Thus students whose native language is not English are "automatically" learning these differences simply by living in another culture. And they are learning far more effectively than the student who simply takes two or three terms of another language here. Foreign students are immersed in a completely different culture-certainly a valuable experience that more than fulfills the intention of our language requirement. Now, as I mentioned earlier, foreign students cannot

fulfill this language requirement through their English courses. But there is a chance to make this fairer. This subject is currently being considered by the Educational Policies Committee. Sam Michaelson, professor in the English Department, strongly supports altering the language requirement to include English for foreign students. Michaelson has a great deal of experience working with foreigners, including finding new homes for Vietnamese refugees and tutoring them in English.

To be sure, the requirement now is just a formality for students who come from countries whose language is included in our curriculum. Central and South American students, for example, will have to demonstrate competence in Spanish at the second year

Once again, if you would like your voice heard, speak to the student members of EPC, seniors Drew Flath-

mann and Carol Rosinski.

Before we construct a new sports complex or chapel, I have a humble suggestion for improving a certain facility in Luther Hall. I refer to the student men's restroom, which makes Chicago's Lincoln Park Zoo smell like a perfume factory. Certainly I'm not one to insist on complete equality, but it should be mentioned that faculty- men have lavish facilities. Understandably, I am not familiar with either of the ladies' facilities, but senior, experienced personnel here at the Trumpet offices report that they've been too scared to go near the female student facility.

While I'm at it, I should extend this and make a formal request that Wartburg dispense with (sorry) all those little square pieces of toilet paper that we find in most of the rest rooms. They are too small to do the job, and it's annoying and time consuming to have to extract 10 or 15 of them. For \$3,300 a toss, we surely deserve rolled paper.

If we can change this, it will give us cause to flush

southeast iowa corner

By NORM SINGLETON

Why Can't I Be Cool?

Good news! I just found out that I'm not going to have to leave town after all. You remember, well, you probably don't, but I'm trying to get all of you readers in a tolerant mood. Anyway, last week I warned of the imminent communist threat to this beloved institution and proclaimed that under this deluge of degeneration, I was planning on leaving the sinking ship of Wartburg

This is untrue, much to my dismay, er, I mean jubilation. I have found that right here in this humble and unpretentious, not to mention miserable, school of higher education exists America's defense against the cancer that is growing on this campus. Yes, we are all going to be saved from those damned communists by

none other than the cool people.

Yeah, you heard me right, our salvation lies through the endeavors of those elite class of students otherwise known as the cool people. Their number is small, but their forces are mighty enough to stave off ap-

proaching doom to Wartburg.

First off, I had best delineate this class that will be the saviours of the decent folk here. The easiest way to tell a cool person is to ask them if they are cool. As long as you don't ask a communist, you'll be okay. It seems that among communists that "cool" has a different connotation. In other words, it means something else.

Now I know that, upon learning that there is a cure to the communistical threat, many students will flock to

join the ranks of the cool people. But many will be saddened to learn that admission to this elite army is more than difficult.

Hell, even I'm not a cool person, although you'd go far to find a man with more style, taste and class than myself. But I messed up early. I was taking lessons in cool from a feller I had pegged for a definite cool person and was coming along rather well, if I do say so myself. I'd learned how to walk cool and dress cool and talk cool and all that stuff, when my mentor dropped a bombshell one day during class.
"Norm," he said, "I hate to tell you this, especially

since you're coming along so well at coolness. But I'm not one of the cool people--I'm just semi-cool and there's no way that I can teach you to be cool." So be warned to select your teacher with care if you aspire to be cool. Look at me-I didn't take my own excellent advice and I'm doomed to wander the ends of the earth, a hollow-eyed and red-hatted hulk forever searching for the elusive substance of cool.

Strangely enough, there is no cool class in southeast iowa. I believe that when they saw the terrible fate met by the communist faction they became alarmed and fled the country ending up at Waverly. Some tarried along the way or got lost, accounting for the scattered colonies of cool in Stinking Creek, Tennessee, Kahoka, Missouri and parts of Shell Rock.

At any rate, my childhood was unmarked by ex-



posure to coolness, which further lessened my chances of ever becoming cool. We were blessed by one semi-cool person in Conesville, but he was immediately branded as the village idiot by the vast majority of socalled normal people.

But I digress, as usual. The cool people have volunteered to aid me in my thus far one-man fight against communism. Since I wield such great power in the hierarchy at this institution, or else people are afraid that I might throw a tantrum, but at any rate I now have a cool body guard, a cool secretary, a cool double for public appearances and we are in the process of training a cool army for the express purpose of wiping out every vestige of communism in Bremer

Our weapons? None other than truth, justice and the American way. With right and the unsullied power of our fine campus security system, we can lick this menace if we all pool our strengths.

Our plan of attack? Simple. We're going to pipe the splendid music of Donnie and Marie Osmond into every room on campus until enrollment is down to three cats, two bible-beaters and a lost garbage collector from Shell Rock. Hopefully, they'll all be cool.

Retiring Tilly Recalls Caf Incidents



Hilda "Tillie" Christophel

by DENNIS HARRINGTON

All cultures use a sense of history to establish roots and develop a consciousness. For some cultures, this is only possible through storytellers, or to be more technical, the oral-

If one was to compile a history of the Wartburg cafeteria and needed such a source, oral-historian Hilda ("Tilly") Christophel would have to be a major contributor.

Tilly, a nickname she picked up to distinguish her from fellow worker Hilda Joens, will retire in December after 16 years in the cafeteria, which has changed so much over 10 years that she feels

that "we're really spoiled now."
"Back in 1959 when I started,"
Tilly said, "they would only serve one salad and one glass of milk-

"People are more active today and eat more. You just have to look at someone drink four glasses of milk and two of juice at breakfast to see what I mean.

"We're really spoiled now. I don't see how we could ever go back to the way it was," Tilly

In addition to the Spartan diet of years ago, Tilly recalled other changes in the state of the art of feeding college students.

For example, hamburger now comes already in patty form,

unlike the "big mass" the cooks had to work with several years

ago.
"The hamburgers were better when we made them from scratch. They were like the ones made in the Den last year. The only problem was we'd run out sometimes," she said.

Several years ago the check-in system used numbers instead of names, which Tilly didn't like. She prefers the "name system-it makes it more personal than referring to the students as numbers."

Tilly cited a number of amusing incidents, which in-

-The time she scorched the gravy. Today Tilly's duties are serving and check-in on a part time basis. A few years back she handled salads and cooking. "I like making salads; I like

making gravy the least. I scorched it once when it was cooking in a big kettle. The next morning I heard about it from the kids. The kids were ready to rebel," Tilly laughed.

-When one of the ovens exploded. Tilly said the kitchen is a 'comparatively safe place," but

accidents do happen.
"The gas collected in the oven and then the pilot light came back on and it exploded. One woman

(cont. on page 3)

Such is Life

By KC ORTH

Leaves Snug Security

This is a story. It's not a sad story or a happy story, and there's not a moral to it. It simply is, and always will be, my story, and I rather like it.

Ya see, it's time now for this kid to gather up his things and leave old Wartburg C. behind. I'm emerging into the real world, and it is kind of scary. The safety and security of a snug little campus will be no more. Ah, but as always, the question to ask at a time like this is, "KC, what did you learn? Well, KC?"

Simply, and I think, most importantly, one thing I have seen is a tremendous lack of real self-confidence, self-esteem or self-pride, if you will. That's definitely not restricted to Wartburg, but it is a real problem here as well as everywhere else. Let's face it, we have placed a great deal of importance on competition, and much of our own worth is figured in relation to everyone else. It's a percentile-type ranking and if you've been figured low, especially by yourself, watch out.

Anyway, wherever that lack of confidence came from, its presence and effects are real. When you lack that trust in yourself, it's extremely difficult to make decisions, and that's where the bite comes in. How do you, then, make decisions, be they monumental moral ones or ordinary run-of-the-mill jobbies? A problem, obviously.

The easiest and most common solution, it seems, is to simply stick with tradition, the old tried and true. While most run through a period of saying "I'm gonna do things differently," they all sooner or later return to tradition. Since just about everyone is doing this same thing, the peer pressure is also a powerful drive. At any rate, no one wishes to deviate too far from the norm, and we turn out as everyone before us turned out.

Unfortunately, there's a bit of a stickler here. The myth is generated and kept alive that all you have to do is graduate, get married and get a job, and everything will be hunky-dorey. Somehow the truth has not been learned from those who have gone before us in that route. The happiness they, too, thought would be theirs in middle life has failed to materialize. Most marriages, after many years, are in a sad state of disrepair and are kept together for any number of reasons other than happiness. Trapped with kids and cars and homes and jobs, there's nothing to do but stick it out

it out.

It's understandable though. My friends are rushing to the altar now like (if you'll excuse me) bees to a rosebush and I'm quite sure a lot of the reason behind it is security. "Love," you say, as do they, but no one seems to know what that is and I wonder if it's just a word someone invented to explain why they're married. I don't mean to say I'm a total cynic. I've experienced that unexplainable feeling, but I daresay, it was a very, very secure feeling. And it seems, these days, that love is only given out when it is gotten back in return. Love you say? Or the security of being loved?

Ah, but there are places to go to get your decisions made for you in addition to tradition. The religious bandwagon is a very popular and simple one. If you've got a good enough religion your answers are all there in black and white (with occasional important parts in red lettering). If you don't care to interpret the little book yourself, you can have "experts" do it for you. Either way, someone else's morality is yours, and theirs is someone else's, and no one seems to know who it all really belongs to, so we blame it on God. Interesting idea.



The problem is, though, that you can't simply isolate these causes, they're all interacting in differing degrees. Even the scientists among us, with their "facts" as opposed to "philosophies," are in trouble. Their facts do not answer the problems and are no more the truth than a good religion. Science cannot explain something coming from nothing or a universe being infinite in size, and yet they claim to have the truth.

What it all means is that the truth is what you perceive it to be. Where each person goes to find his or her security is most definitely his decision and his alone, and everyone makes it (although sometimes by default). I choose to rely on me, as egotistical as that may sound. I wish that it were just that simple, but it isn't. Unfortunately, many people realize, too late, that the security they grabbed is not very secure. They hurt ... and then come laws, customs and tradition to force others to follow in their footsteps ...

There are a thousand more things I'd like to say, but this is a column, not a novel. I've scratched the surface with what I see, and that's it. Someday, it bothers me to say, you might hurt like so many before you. And you'll look back at these silly words and expect me to say, "I told you so." Instead, it'll just be a simple, "Such is life."

Room Needs Additions, Supervision

By KEVIN KLATT

There's an ugly rumor floating around.

Whether 'tis true or not I was unable to discover before it was time to turn this in. Nevertheless, it's a subject that needs to be discussed.

The aforementioned rumor is that the game room may be closed down after this term. On the surface there appear to be some very good reasons for this move. Reasons like the game room isn't making any money, and, according to a recent sur-

vey, nobody uses the game room

But let's look a little closer at those reasons. Maybe the reason the game room isn't making money is because there's nothing down there that students want to spend their money on. When you've got what must be the first four pin ball machines ever made, one ping pong table and two quarter-a-game pool tables, you're not going to draw anyone. As Norm would say, "Hell, I'd rather go up to the 'Knight-bite' where I can play on better

machines for the same prices and meet more people, not to mention have a drink or two."

Let's face it, the game room hasn't been the same since they took out the foos ball and air hockey tables, and the price of a game of pool went from one thin dime to a quarter of a dollar.

And when that survey was taken, the question was worded "Do you use the game room as it stands now?" I have to wonder what the response would have been had the question been worded, "If improvements were

made on the game room, would you spend more time there?"

Another reason the game room isn't making money is because it employs game room supervisors. What a joke! I've seen pool tables jumped on, pin ball machines bounced, and I myself have been known to throw a ping pong paddle and bounce a pool cue on occasion, without one hand raised in protest. Many times I've seen the game room left entirely without supervision. It's too bad we need supervision, but since we obviously do, either get a faculty

member down there, or some students who realize they're not getting \$1.70 an hour to read books, or sit upstairs in the den.

I guess what I'm really getting at then, is, to coin an old phrase, "If you want to make money, you've got to spend money," and if Wartburg College wants to make any money out of its game room, it's going to have to revamp, redecorate and revitalize it.

Until then, I'll probably see you at Joe's.

(cont. from page 2) got a little shaken up and her hair singed," she said.

-The time Tilly tripped.

"I was carrying a gallon of orange juice in one hand and a gallon of grape juice in the other," Tilly recollected.

"As you can guess, I stepped on a slippery spot and fell down. Both pitchers broke all over me; I was a real mess."

Florence Rubenow will retire along with Tilly. Florence, according to Tilly, has worked in the caf kitchen for the last 21 years and has "not taken one day of sick leave in 21 years."

Tilly's retirement will consist of volunteer work for the church and Bartels Home. She also plans to refurbish furniture and "clean my dirty house," along with "sleep and sleep and sleep . . ."

"I just want to add," Tilly said,

"I just want to add," Tilly said,
"how friendly the students have

been off campus and on.
"I don't want to be considered a
crab, though sometimes I must.
For me, the best part of the day
remains when the doors open and
the students come in."



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Knight Stalker

By JERRY WEIDNER

Gymnastics Jump

At no point in the history of Wartburg College have there been so many minor sports competing for recognition and participants. Last fall both a rugby team and a soccer team were formed and this winter, thanks to Maren Jones and Elizabeth Halsteen, we now have a gymnastics interest club.

It was primarily through the efforts of Mrs. Maren Jones that the group was formed. Having competed for four years inter-scholastically at her high school in Albert Lea, MN, she pondered the idea of generating some interest here at Wartburg. She took her idea to Miss Halsteen who liked the idea, and on Nov. 1, the club came into existence.

"The first meeting we had, twenty people showed

up," said Mrs. Jones, "But now we usually have ten people at each meeting with a few different people

The club is composed mostly of women, however, guys are welcomed. With the equipment they have, the gals have been working on the uneven parallel bars, the balance beam, vaulting, tumbling and the tram-

Mrs. Jones has the most experience of any of the participants, and combines with Miss Halsteen in instructing. Mrs. Jones placed in nearly every meet at the high school level, and even participated in Australia where she spent a year as a foreign exchange student. It was in Australia that she met her husband



Ray who is now working in Albert Lea. Maren travels back and forth on the weekends to visit.

The club meets every week on either Monday or Tuesday night on the stage in Knights Gymnasium. Anyone interested in participating is encouraged to show up for the two-hour session starting at 7 p.m.

The club has had requests from other schools to form a team and compete. The club, though, wishes to remain just that right now since most of the participants have not yet mastered the stunts.

Knights Face Westmar, Graceland



Junior Jeff Werling adds two in Tuesday's Tuesday's game against Augsburg. The Knights won their opening home contest, 73-63.

by STEVE GERHARDT

Wartburg's cagers will attempt to improve their 2-2 mark when Westmar and Graceland come to Waverly this weekend.

The Knights evened their record Tuesday when they defeated Augsburg College, 73-63 in the season's home opener.

The Knights played one of their better defensive games against Augsburg as they held off several

scoring surges by the Auggies in the first half. The Knights were also helped by Augsburg's foul problems in the second half as Wartburg picked up 22 points from the line.

Wartburg had expected the Auggies to press and were able to break the press with little trouble. The Knights were also strong on the boards, gathering 48 rebounds to the Auggies, 44.

Wartburg placed four of their players in double figures that night. Seniors Bud Johnson and Jim Sangster both scored 16 points to lead scoring in the game. Senior Rich Nickels tallied 11 points and junior Jeff Werling added 10

Tonight's contest should prove exciting for the Knights when they try to push their record over the .500 mark. Westmar will be a tough opponent as they are now 4

1 on the season.

Next Thursday the Knights will face the U.S. International team in a game here at Waverly.

The team will travel to Minneapolis over Christmas vacation for the Lutheran Brotherhood Tournament, Dec. 28-31, Wartburg is the defending tournament champion as the Knights defeated Augsburg for the crown a year ago.

Grapplers Host Tourney

Wartburg will host seven teams in this year's Knights' Invitational Wrestling Meet tomorrow in Knights Gymnasium.

First round competition will begin at 9 a.m. Semi-finals will be held at 11 a.m. and the con-solation round will begin at 1 p.m. The championships will be decided at 4 p.m.
Warthurg, Upper Iowa,

William Penn, Southwest Minnesota State, Simpson, Dubuque, Central and Buena Vista are all entered. Wartburg, Southwest Minnesota State and Upper Iowa will probably be the toughest teams entered, according to Coach Dick Walker.

During practice this past week there have been many challenge matches for weights which Walker described as "up for

Last Saturday the Knights traveled to Cedar Falls for the

UNI Tournament. Wartburg won five of the 20 matches it wrestled.

Junior Dan Swift was the only place winner for the Knights, finishing fourth in heavyweight class.

Walker was pleased with his wrestlers because, he said, they met tough competition in almost every match."

The Iowa Hawkeye Wrestling Club was entered in the tour-nament and it includes some national champions, he said.

Students--**Best Wishes** for the Holiday Season

Joe's Knighthawk Lounge

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Women's Squad Looks to Waldorf

Wartburg's women cagers will take on Waldorf College tomorrow after being defeated

Tuesday night by UNI, 63-46.
High scorers for Wartburg
were senior Ann Ressler and freshman Nancy Wellen, each with 12 points.

Starters for the game were seniors Laura Paulus and Ann Ressler, sophomores Cheryl Pueggel and Sheri Ferguson and freshman Nancy Wellen.
The UNI team, with a 6'4"

center, was considerably taller than the Knights.

Tomorrow's game with Waldorf will be held at 7:30 p.m. in Forest City. Last year the Knights met Waldorf twice.

Champs Play Sun.

volleyball championship will be decided Sunday night at 7 p.m. in Knights Gymnasium.

Squaring off will be the offcampus team against Clinton I South. CIS is defending champion and will be trying for its third consecutive championship.

"I've been very pleased with the I.M. volleyball games this

year," commented Al Nickerson, director of intramurals. "There haven't been as many forfeited games due to the new rule established at the beginning of the season.

That rule would prohibit any team from competing in the intramural basketball program if they had more than two forfeits during their volleyball season.

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